

Holistic Self-Care Practices for All Stages of Life

Create a self-care practice or enhance your current one in this dynamic and comprehensive workshop. Learn about several modalities utilized in Integrative Medicine. Throughout the life cycle, we all face challenges. Being prepared gives us a better chance for a positive outcome and more joy in the journey. Examine concepts, explore techniques and develop strategies for strengthening your mind, body and spirit. Topics include avoiding or recovering from illness and injury; practices for maintaining flexibility and balanced energy; and using stress as a tool for transformation.

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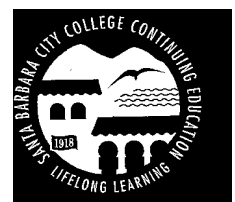
October 9 (1 Saturday)
9:30 a.m. – 1:30 p.m.
(Registration begins at 9 a.m.)

Tannahill Auditorium
Schott Center
310 W. Padre St.



RN/LVN, CNA CEU's: 4 contact hours

*Co-Sponsors: Cottage Health System; Area Agency on Aging;
Adult & Aging Network; Parkinsons Association of Santa Barbara;
Goleta Valley Cottage Hospital*



Presented by the OMEGA Program of Santa Barbara City College, Continuing Education Division